

# Pulman's View from Seaton & Beer



ISSUE NUMBER 440 Est July 2005

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Tuesday December 31st 2013

**NEW YEAR  
NEW YOU**

**New Year's  
Resolutions for 2014?**  
See pages 10-13



## Another challenging year

### SEATON ENJOYING 'GREATER VIBRANCY' SAYS MAYOR

THIS past year has been a busy and sometimes challenging year for Seaton Town Council. However there have been many highlights. Christmas brought together many of our excellent groups, organisations, businesses, chamber of commerce, choirs, churches and our local school, who worked together along with the town council to organise a successful Christmas Festival.

It was an privilege to welcome members of the Royal Observer Corp when we officially named a road in their honour. We were pleased to work with our Twinning Association and officially name the public realm, Thury Harcourt Place in honour of our long association with Thury Harcourt.

It has been uplifting to see shops and restaurants opening, developing and improving. Thank you to all

those businesses who have invested in Seaton, and work hard to improve their business.

I would strongly encourage Seaton residents to continue to support our independent town shops, cafes, restaurants and businesses.

Throughout the year Seaton Town Council has continued to support major projects as part of plans for the town's regeneration, amongst them seafront enhancement, jetty and waterborne transport proposals and the Discovery Centre. We are grateful for the involvement of many residents who have contributed to public consultations which have guided us in this work. We have worked hard to consider many planning issues, and made a stand when they have not been in Seaton's best interest.

Our many committees meet regularly, the youth and recreation committee have been instrumental in providing new play equipment and benches in Elizabeth

Road play area, and have consulted extensively with sports and youth groups, as a result 2014 will bring further new and improved sports and play facilities to the town, a summer programme of regular children's activities and events added vibrancy to the town.

We have provided town bunting and the Christmas trees and lights this year, and we keep the town signage and bus shelters clean.

The floral arrangements and parks in Seaton receive well deserved praise, particularly in the summer, this was recognised by South West in Bloom this year when we achieved Silver Gilt Award.

Our allotments have improved drainage and car parking facilities, allotment holders continue to take great pride in their plots.

Through the work of our marketing and events co-ordinator, Seaton has enjoyed events, highly successful monthly Artisan Markets and beach concessions which have all helped to create greater footfall and vibrancy in the town.

Seaton Town Council recruited our own dog warden, and we have seen a noticeable improvement on the beach and around the town.

Seaton is greatly enhanced by the contribution of local groups and organisations who do so much for our town, I would like to take this opportunity to thank them, our volunteers, Seaton Town Councillors, who work voluntarily throughout the year to benefit Seaton and our hard working staff.

To them and the people of Seaton I wish you all a happy new year.

*Councillor Gaynor Sedgwick  
Seaton Town Mayor*



■ SEATON mayor, Councillor Gaynor Sedgwick



■ ONE of the highlights of Seaton's year – the official naming of Royal Observer Way by the Mayor of Seaton, Councillor Gaynor Sedgwick

### Beer's mega bin is a 'monstrosity'

THE appearance of a new mega-refuse bin in Fore Street has been described as a "monstrosity".

The bin, which is the size of two household wheelie bins, was installed without apparent warning by East Devon District Council outside the Beer Fish and Chip shop earlier this month.

See page 4 for full story

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# Now that is charity!

A GOOD friend of mine with a few quid to spare recently visited the London headquarters of a leading global charity with a view in his wallet to giving some money to the needy. He was horrified at what he saw.

"It was opulent," he said, "I have never been in such a plush office in my life; they must have spent tens of thousands of pounds on decorating the place and it made me wonder how much of the money from the collecting tins had been spent on the furnishings."

My friend left the building without giving that charity one penny.

Charity is often big business these days as the argument goes that when you are collecting and distributing vast sums it needs to be done on business lines; professionally accounted, attractively-presented and with businesslike remunerations like healthy expenses and whacking big salaries for those at the top who administer the good work.

The trouble is, does that stick in your craw?

Certainly some of the more lucrative aspects of the charity business gets the goat of more than a few of us; look at the row that recently blew up when it was discovered that Comic Relief invests a portion of our heart-tugged donations in the arms business. What, a number of us asked, was Comic Relief doing investing in anything, let alone in the industry of killing?

Surely, we argued, the point of a charity was to get the money in, buy aid with it and then get that aid straight out to those who need it, because if lives depend on our giving how long were those lives expected to just hang on while share portfolios come into profit?

I know that's a simplistic view, but that doesn't mean it's a wrong one.

Nor is it wrong to feel a bit "oo-err" over the fact that the chief executive of Comic Relief is paid £120,000 a year.

Mind you, he's not alone, you can earn very nicely running a charity these days. Look at the British Red Cross; *The Daily Telegraph* recently revealed that the boss of that admirable institution earns £184,000. In the same article the *Telegraph* shocked me rigid by reporting that Save The Children's CEO trousers £163,000 and indeed that 30 British charity chiefs earn more than £100,000 a year.

Little wonder that the Charity Commission has criticised the do-good business for "the risk of bringing the charitable world into disrepute".

Although some of us, well, me at least, feel that St Andrew's Healthcare, the UK's biggest mental healthcare charity, is doing a pretty good job promoting that risk on its own. Last year St Andrew's Healthcare paid its boss £653,000. In his defence a spokesman said words

### Providing water for life

#### WATER SURVIVAL BOX

View  
Supported by Pulman's View  
View From Newspapers and  
The Weekender Series

By Geoff Baker

to the effect that he works very hard. Fine, but don't we all, luv?

I'll tell you where they work very hard and that's over in the cold, little warehouse in Midsomer Norton that is the HQ of a charity called World Water Works – [www.worldwaterworks.org](http://www.worldwaterworks.org) – run by the Chelwood Bridge branch of the Rotary Club.

There's no plush offices at a posh West End address here. What cramped office space that they do have is rented off and shared with a haulage company, and is situated down a bleak, nondescript road on an industrial estate.

Nobody who works at World Water Works is paid for it and nobody gets expenses either. But boy, do they work hard.

World Water Works is in the disaster business. When a natural disaster hits, be it floods, earthquake, hurricane, drought, the Rotarians drop whatever they are doing, roll up their sleeves and get to work with the business of saving life immediately.

They do this by packing boxes. Not any old boxes but the Water Survival Box, a brilliant piece of plastic kit which contains all that you need to stay alive when a natural disaster has robbed you of everything, including – and most importantly – a simple water purification system that will provide a family of four with clean water every day for a year. Because without clean water, you're dead.

When a disaster hits the news, team leader Hugo Pike hits his email and tracks down the nearest Rotary District to the disaster zone to message them that this marvellous emergency rescue is go. The message is starkly simple: "Do you need help? We can send it."

Then the team works 16 hours a day, seven days a week flat out packing boxes. When they have packed enough to make up a plane load, pallets of the survival boxes are express couriered to the disaster zone where

Rotarians at the other end quickly get them out to those who are dying of thirst. Simple, effective, job done, lives saved.

To date, almost 12,000 water survival boxes have kept families alive in Asia, Africa, the Caribbean, Central America, the Far East and South America.

But of course, like any charity, World Water Works can only work if our donations help to pay for the boxes. Which is why, impressed by their Spartan efficiency, Devon, Dorset & Somerset Newspapers Limited, the publishers of this newspaper, have committed to a two-year charity campaign in association with the Rotary Club of Chelwood Bridge.

We were impressed because there's no salaries, no expense accounts, no company cars nor posh, luxury offices. At Chelwood Bridge, there's just giving.

"We just do what Rotary was established to do," says Hugo Pike, modestly, "It's our motto – service above self."

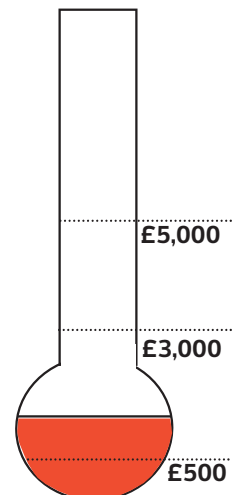
Now that is charity. Please help.

♦ In a bid to raise £10,000 over two years for Water Survival Box, we are encouraging our readers and local organisations in East Devon, South Somerset and West Dorset, where we distribute in excess of 40,000 papers every week, to organise an event for Water Survival Box.

Our staff are also planning a number of fundraising events and so far we have raised £1,000.

If you would like to organise an event, telephone James Coles on 01297 446155 and we will help promote your event in our columns.

TARGET  
£10,000



## View 2

The ultimate leisure guide for East Devon

### ❑ VIN GARBUTT

The folk icon set to play the  
Marine Theatre this January

### ❑ PETER PAN THE PANTO

Axminster Drama Club get ready  
for their performance of Peter Pan

### ❑ LISTINGS

Diary Dates – Our weekly  
round-up of events in the area

PAGE 15



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## PULMAN'S LETTERS

## Let the people speak!

OVER 20 years ago I was a parish councillor and county councillor for the Ilchester seat on Somerset County Council - a post I held for eight years.

Liberal Democrats were almost founded on the ethos of developing local democracy and freedom of speech, at the beginning of my two terms some parish councils held on to the old Tory ethos of hiding behind the screen of Standing Orders, keeping council meetings stage managed and removed from public participation.

I do have to say that many parish councillors abused this freedom to speak their minds knowing the public could not speak. I heard many quite libellous gossiping from councillors saying who in the village was or was not truly disabled is a prime example.

Liberal Democrats pushed for openness in all forms of local government (there were many SCC meetings held behind closed doors in the bad old days), even if Standing Orders has no agenda item for the public to speak at least the public could see that this was very bad democracy.

Many parish councils started to introduce an end of

meeting agenda item allowing the public to raise any matter, this simple change vastly increased the public interest in attending meetings. It is a relatively simple matter for the chairman or more often clerk to advise a way forward from whatever question has been raised, in essence it is how local democracy should work.

For Seaton Town Council alone to decide it does not want public input into meetings, they are basically saying to the electorate "don't bother attending as we don't want you to see what we are getting up to!"

I agree that there is possibly no statutory order to include a public question time at the end of meetings included in Standing Orders, but without public involvement or any opportunity to speak in the decision making process, is a very retrograde step for any council to take.

It's simply not good democracy, come re-election time any councillor not supporting a freedom of speech agenda item being added needn't bother seeking re-election.

NIBBY DAVID,

## Council was always open to locals' views

AS a former Mayor of Seaton I would like to add my support to Councillor Tony Woodman in his quest for democracy at town council meetings.

The council of which I was chairman also allowed speaking on any topic in public question time. True, it was not always pertinent and sometimes was simply an opportunity for "council bashing", but that is a very small price to pay for being open to the views of the people of Seaton.

We always took the view that public speaking took place before the official agenda began and, therefore, was not subject to Standing Orders. Also, in many cases, we suspended Standing Orders to allow the public to speak during council meetings as well -

something which is allowed at any time at the discretion of the council.

What I find particularly amusing is that I recall that the present mayor and several current councillors taking advantage of such opportunities to speak on items not on the agendas as members of the public at that time. Also, for part of that time, a current councillor was town clerk and never once suggested that this was not proper procedure.

Quite what has changed between then and now I am at a loss to understand.

SANDRA SEMPLE,  
Bartholomew Street West, Exeter

## Thank you from Cards for Good Causes

A VERY big thank you from "Cards for Good Causes" to all those who supported our multi-charity Christmas card shop in Axminster this year.

We had another successful season, raising much-needed funds for 34 different charities, and we are

very grateful both to our customers and to the team of volunteers who give their time to run the shop.

At least 70 per cent of the money paid for the cards goes directly to the charities, and they tell us that these sales really make a difference in helping them to carry on with their good work.

On behalf of all these charities thank you for your generous support, and a very happy Christmas to you all.

ANNE DOUBLE,  
Shop manager,  
Axminster branch of  
Cards for Good Causes

## Send your letters to:

**Pulman's View**  
From newspapers,  
Unit 3 St Michael's  
Business Centre,  
Church Street,  
Lyme Regis,  
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or email  
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pemedial.co.uk

Anonymous letters will not be published except in special circumstances but full addresses may be withheld at the writer's request. Views expressed in letters are those of the author and not necessarily of this newspaper.

## 'Thinking positively' as we step into a New Year

**COUNCILLOR Paul Diviani, chairman of East Devon District Council, send his New Year's message to readers:**

"In the darkest, nay, dampest, days of winter, I always feel driven to think positively of the future. It seems so long since 2008 when the financial world changed and with it the world of local government.

"Over the years, we have always been a cautious council and that has largely paid off when the going got rough. We have protected our front line services and cut and trimmed our back office requirements.

"Our satisfaction ratings are the highest they have ever been with the exception of planning but the latter is replicated right across the country as we all try to come to terms with the new planning guidelines and the need for growth.

"As a country, we are still living beyond our means but the Chancellor is tackling the deficit and the coalition's predictions are coming true. Whilst the belt tightening continues, it is not impossible and as the economy continues to improve, the future is looking bright.

"We are fortunate to live in a beautiful place which others want to share. Not only do we need more housing but the massive unmet demand puts



enormous upward pressure on house prices and at over 11 times average earnings, distorts the supply of local houses for local people.

"As a rural designated area, even though we include Exmouth, Devon's largest town, we are part of the District

Councils' Network and have been fighting hard for fairer funding. Whilst the government appears to acknowledge our entitlement, they have still a long way to go to redress the imbalance with our big urban colleagues. We have nevertheless got the funding we predicted when we started our budget setting process so yet again we will be able to balance our books for the coming fiscal year. Councillors and officers have worked diligently on your behalf and will continue so to do.

"May I take this opportunity to wish you a happy holiday and peace and prosperity for 2014."

## Save on your energy costs

OVER the past few years, households have been subjected to crippling increases in energy prices.

The Citizens Advice Bureau regularly see the adverse impact of these increases on people's lives. So here are a few simple tips to help you manage and reduce your energy bills:

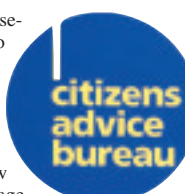
Check you are getting the best tariff from your current supplier - switching suppliers isn't the only way to get a better deal, you may be surprised. The way you pay your bill can also make a difference.

If you are on certain benefits you may be entitled to the annual Warm Home Discount of £135 on your electricity bill, check with your supplier.

Many people stay on the same tariff with the same energy supplier for years, without realising they could be getting a better deal elsewhere. Shopping around for your energy supplier could save you as much as £200 if you have never switched before. Look for an Ofgem accredited price comparison website on [www.ofgem.gov.uk](http://www.ofgem.gov.uk)

If you don't have internet access you can phone the Citizens Advice Consumer Service on 08454 040506.

In rural areas, if you use heating oil, consider joining an established Oil Club in order to use their collective



purchasing power to get better deals from oil distribution companies.

The best way to save money on your fuel bills is simply to use less energy around your home. Did you know you might be able to get help from your energy supplier to make your home more efficient through insulation or other measures?

For those of you who have problems paying your energy bills, or are in arrears, speak initially to your energy provider to see if a payment plan can be agreed. If you are still struggling, or are threatened with disconnection, seek advice from your local CAB or call Home Heat Helpline on 0800 33 66 99.

All suppliers are required to offer special services to consumers who are vulnerable through age, disability, hearing or visual impairment or chronic illness. These might not save you money, but they are free and can help you to keep on top of your bills or manage your energy costs.

Call in at your local CAB for more information, or phone our Advice Line Tel 08444 111 444.

January 27th to 31st is "Big Energy Saving Week", during which the CAB will be available to provide further advice and assistance in Honiton Library each morning (except Thursday and Saturday) and on Thursday, January 30th, all day in Long Ragg Court, Lyme Close, Axminster.

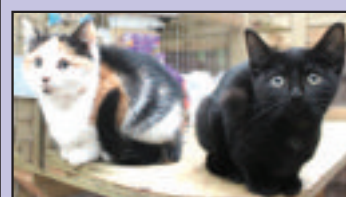


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& LOVE TO  
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THE FAMILY

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All announcements must be in by 12 noon on Friday for the following week's publication.



■ NEW bin is rubbish, says Beer Parish Council chief

## Anger at new 'mega' bin

Kevin Fahey

THE appearance of a new mega-refuse bin in Fore Street, Beer, has been described as a "monstrosity".

The bin, which is the size of two household wheelie bins, was installed without apparent warning by East Devon District Council outside the Beer Fish and Chip shop earlier this month.

EDDC removed two smaller bins outside the shop and replaced it with the mega-bin that has caused a stir in the village and led to numerous complaints.

"Beer Parish Council knew nothing about this bin at all until it suddenly appeared," said council chairman Martin Richards.

"No-one had complained to us about there being too much rubbish so it is a bit strange that it happened at all or who wanted it there.

"It was very disappointing that East Devon District Council did not inform us about what they planned to do. If they had just called we could have told them this is a conservation area with several listed buildings and this new refuse bin is totally out of keeping

with the area.

"It is a monstrosity."

Councillor Richards said he and his fellow councillors had been inundated with complaints about the mega-bin and calls were immediately made to EDDC headquarters in Sidmouth.

"Fortunately East Devon has seen the errors of their ways and have apologised to us," added Councillor Richards.

"They have promised to rectify the mistake, probably after Christmas now and will move the bin to another location in Beer.

"I am sure it would be far better somewhere like the beach or Jubilee Gardens but we will have to see and then we will return to having two (smaller) bins outside the fish and chip shop like it was before."

## Community café gets a £3,000 boost

A COMMUNITY café has been awarded a cash boost from the Lloyds Bank.

The Freedom Café has received £3,000 from the Lloyds Bank Community Fund, which will be used to buy high chairs and a baby changing station, as well as equipment for the kitchen.

Mary Casey from the Freedom Café team said: "We would like to say thank you to everyone who took the time and effort to vote for us, and especially for Emily who nominated our free community Café for the award. Also thank you to our wonderful volunteers for all their support."

The free community café is open on the third Saturday of each month from 10.30am-1.30pm at St Gregory's Church Hall, Colyford Road, Seaton.

Mary added: "We have been serving free food at Freedom Café for four years now, and this month were pleased to welcome and say hello to more than 250 people.

"We have a fantastic menu full of homemade goodies, including various jacket potatoes, a dessert of the day and lots of yummy cakes.

The next Freedom Café is on Saturday, January 18th from 10.30am to 1.30pm.



## Time travelling at Chardstock



PUPILS at St Andrew's Primary School in Chardstock re-enacted past times during a recent "enrichment day". Willow Class were Egyptians for the day and Oak Class were transported back to ancient Greece. A school spokesperson said: "The children came dressed in appropriate costumes and took part in various activities including craft, jewellery making, mosaic making and drama. The best bit by far, according to the children, was food tasting. They all agreed that the day had been fantastic."



## Pre-school visit Father Christmas



PICTURED left, children from Membury Pre-School visited Father Christmas at Sidmouth Donkey Sanctuary before breaking up for the holidays last week.

The pre-school currently has spaces available and parents and children are welcome to arrange a visit or come for some taster sessions by calling 01404 881491 or visit the pre-school page on the Membury Primary School website.

The school is based five minutes from Axminster in beautiful surroundings.

PICTURED right, children from Farway Primary School perform their seasonal production of "Do The Christmas Rock", which parents and family enjoyed before Christmas. School staff said the children worked very hard and did very well.

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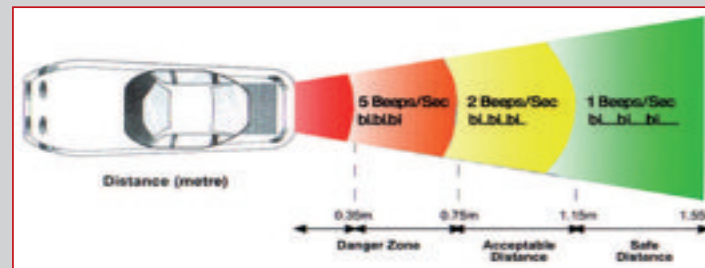
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## How do Rear Parking Sensors work?



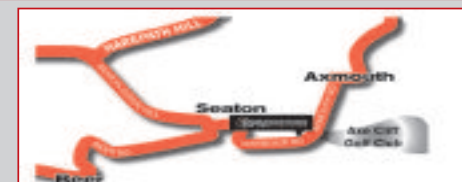
The rear parking system is automatically activated when you engage reverse gear.

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# College gets £5,000 grant for Music Hive

THE music department at Axe Valley Community College is jubilant after receiving a £5,000 grant from The Jack Riley Trust for The Music Hive.

Axe Valley Community College set up The Music Hive in September 2012 to create "an inspiring environment for young people".

Thanks to a wide range of musical professionals, coaches and volunteers, young people can enjoy and create music in various ways.

The Jack Riley Trust supports young people in Devon aged 25 and under with its focus on mentoring and the personal development of young people.

Head of music Jon Jevons said: "The Music Hive is a wonderful opportunity for all students to get involved with music."

"All abilities are catered for and students support each other from the planning and practise stages right through to performing the shows."

Sixth Form student Marcus Wood

By Anders Larsson  
anders@tindlenews.co.uk

added: "The Music Hive provides a great outlet for music creativity and we have the chance to meet professional musicians and work alongside them."

A college spokesperson added: "Evidence has shown that the cost of music tuition can be a barrier to developing musical talents."

"The Music Hive specifically addresses this and other issues by giving free access to a broad range of high quality music development activities."

"In the last year alone students have enjoyed playing in the jazz band, orchestra and rock school and the community have enjoyed evenings ranging from musicals watching students perform Grease and We Will Rock You to orchestra ensembles with Music from Stage and Screen."

The Music Hive's also performed at The Minster Church, Axminster, on Wednesday, December 18th.



THE on-stage Christmas entertainment at Axminster Primary School came in the shape of a musical named The Three Little Pigs. Two performances were given on Monday, December 16th, and the photo shows part of the cast during the dress rehearsal on the previous Friday. **Photos by ANDERS LARSSON**

## Carols at Tesco

TESCO customers were treated to Christmas carols in Axminster on Tuesday December 17th.

Pupils from Axminster Primary School kept a tradition alive by giving a mid-morning performance at the store entrance.

Axminster Tesco community champion Kath Rabjohns said: "The customers love it and the staff tend to join in."

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# Friends for Christmas



**CHRISTMAS** spirit reigned at Axe Valley Wildlife Park in Axminster as Rascal the Meerkat and Tegan the cat cuddled up together to enjoy a well-deserved break from putting up decorations.

Axe Valley Wildlife Park education officer Marie Pulman said: "It is an unusual friendship but a wonderful one."



**MEMBERS** of SWITCH youth group in Axminster held a Christmas party with all the trimmings.

The group is based at Millwey Rise Community Centre and is led by East Devon District Council community development worker Victoria Robinson.

Group members meet each Tuesday during term time and activities include a monthly cooking session led by Health and Local Food for Families (HALFF).

The Christmas party was held on Tuesday, December 10th, and Victoria praised Mole Avon for donating a Christmas tree to the group.



**PUPILS** at St Mary's Primary School in Axminster gave three performances of their Nativity play "The Landlord's Cats".

The photo shows part of the cast backstage before the performance on Wednesday, December 18th.

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# Pulman's View from the churches

With NIGEL SPELLER

## FATHER Michael Koppel rounds off the old year:

"Charles Dickens is said to have written to a friend 'Never look back'. Well, whatever we make of that, we can at least look forward to the New Year with hope. And the key point about our hope is that it isn't based on what we can do for ourselves, which often seems so pitifully little, but on what God can and will do for us. It's only our trust in God's love for us which makes hope reasonable.

"But there's another point we mustn't overlook. It is that God's goodness to us challenges us to respond with equal generosity by love of God and neighbour. Now there's a cue for a New Year's resolution if ever there was one!"

The Prince of Wales has recently warned that Christianity is beginning to disappear in its birthplace - the Middle East - due to a wave of persecution. He devoted a reception at Clarence House for religious leaders to draw attention to the threat to Christian leaders in the Near East. He also heard from Christians from there who have fled to the UK. He visited also Coptic and Syrian Orthodox communities.

The Prince said that Christianity was literally born in the Middle East and we must never forget our brothers and sisters there.

Pope Francis has recently celebrated his 77th birthday, which he spent at a gathering of homeless and

was named Time Magazine's person of the year.

Archbishop Justin Welby departed from the traditional approach when with a congregation of police officers at the annual Metropolitan Police Carol Service. He retold the Christmas story with a sermon from the point of view of a fictional "Bethlehem Borough Commander". The congregation at St Margaret's Church, Westminster, heard about seemingly "drunk" shepherds, suspicious foreign visitors, crooked officials and a potential terror threat.

David Cameron, Prime Minister, was at Nelson Mandela's funeral and wrote in the Book of Remembrance words from Matt 5 - "Blessed are the peacemakers for they shall be called sons of God".

Fair Trade reminds us all that next year's Fairtrade Fortnight is February 24th to March 9th 2014. It will mark the launch of an exciting new stage of the Make Food Fair initiative. It's a campaign to Abolish the Unfair Banana that aims to transform the banana industry and ensure those at the sharp end of the supply chain, the millions of struggling banana farmers and workers, get a fair deal.

We are indebted to the Bible Society, begun in 1804 to promote the circulation and use of the Scriptures where there are none, for material for this column.

We close by thanking all contributors to our columns for 2013, and with Best wishes for 2014.

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The relevant licensable activities are as follows: 0900 - 2130 on 15th March 2014 and 0900-1900 16th March 2014.

The activities are Play live and recorded music and sale of alcohol.

An interested party or responsible authority wishing to make representations to this application may do so by writing to Licensing Manager, East Devon District Council, Council Offices, Knowle, Sidmouth EX10 8HL not later than 17th Jan 2014.

Representations are public documents under the Data Protection Act. A copy of the application can be viewed at the Licensing Authority's address during normal office hours. It is an offence knowingly or recklessly to make a false statement in connection with this application, the maximum fine on summary conviction being £5,000.

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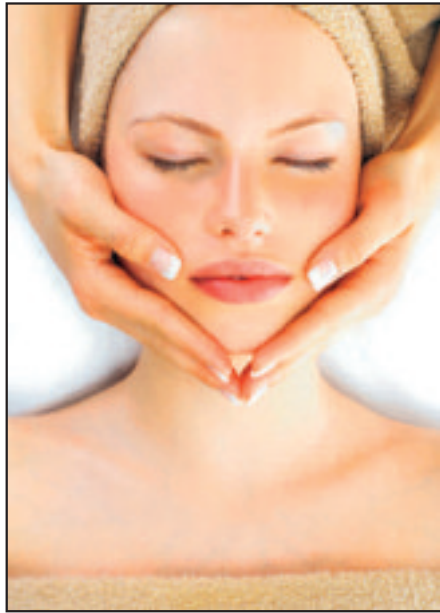
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My chiropody clinics are available to anybody seeking help with their feet and Townsend House and I look forward to welcoming you.

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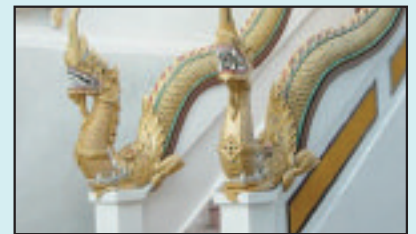
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Sally spent time in Thailand, where she attended the International Thai Massage Institute in Chiang Mai, where she studied under the tutelage of Chongkol Sethakorn.

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## Slimming World

### Cara is full of life and feeling flab-u-less

**CARA**, 25 mum of two, has shed a staggering 5 1/2 stone with Slimming World in less than a year.

Cara exclaimed 'I feel fabulous'. After struggling with her weight for nearly ten years, she had found a way to eat, never be hungry and to lose weight at the same time.

At her heaviest Cara weighed sixteen stone. After having her

second baby she realised that something needed to be done about her ever increasing weight.

Cara found it hard to be able to run around after her two children or even just to walk up the stairs without getting short of breath.

At her lowest Cara felt like hiding away and rarely went out.

Cara says 'Moving back to Devon from Derby after having my first son, I was scared to bump into anyone that I may have known for fear that I would be judged on my weight'. Since starting Slimming world Cara has a new lease of life with her young family and even her husband has lost two stone. Making her first step into group was the hardest but

the best choice Cara has made.

'I was nervous about walking into that initial meeting, but the welcome I received from the consultant and members was overwhelming and by far the best decision I have ever made'.

Cara claims nothing is off limits with Slimming World, She still eats chocolate daily and the family favourite for dinner is lamb curry and poppadums.

Cara says she owes all her success to Dawn her consultant and her fellow group members.

Cara now runs her own slimming World group at Littleham community hall on Wednesdays at 7.30pm.

Cara says 'Visitors should expect a warm welcome and to become part of a supportive community with no judgement'. For more information please contact

Cara on 07766112734 or email [caraslimmingworld@gmail.com](mailto:caraslimmingworld@gmail.com)



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## Ten top tips to help you look & feel your best this year!

TO help get you started on those small but meaningful changes, here are 10 fast and easy health and beauty resolutions - little things you can do to positively change the way you feel - and the way you look - in 2014! Try one - or all ten - and you'll see the difference before spring!

**1. Never go to bed wearing make-up.** No matter how tired you are, no matter how late it is, take just two minutes to slather on and tissue off a facial cleanser and your skin will thank you. Not only will it help remove surface bacteria that could encourage breakouts, most make up is drying to the skin so removing it will help reduce wrinkling while you sleep. If you can squeeze in 30 more seconds for a quick application of moisturiser, you'll see a definite difference in your face in 7 days or less!

**2. Never leave the house without sunscreen on your face.** I know...you've heard it all before. But I promise you that taking this two minute step will not only yield enormous health benefits (like reducing your risk of skin cancer) it's also the single most important anti aging skin care step you can take. It's true - the sun IS the number one cause of wrinkles and aging skin. And sunscreen - well it's the biggest gun in your wrinkle defense arsenal! To make using it easy and automatic, look for either a moisturiser or a foundation with an SPF 15.

**3. Protect your lips - and look younger!** Protect your pucker with a lip gloss or balm containing sunscreen. When lips are hydrated and protected they will automatically look fuller - and you'll look younger! You can capitalise on the protection if you swap out a matte lipstick for a high wattage gloss in a medium warm pink tone.

**4. Whiten your teeth.** If you haven't done it yet, this is the one resolution you MUST try! Not only is it the quickest, most inexpensive way to take years off your appearance, it can boost your confidence and give you that polished, well groomed look.

**5. Clean out your make-up bag/ bathroom drawer/ vanity - and throw away any products you've had more than a year.** Not only can this help prevent potentially serious eye or skin infections, it will force you to re-evaluate your make up needs - and every woman needs to do that at least once a year! When you head out to the stores to buy items, step out of the box to try a new colour or a new make up product

**6. Keep up with your hair colouring.** If you're wearing a shade you just can't bear to change, make sure you touch up those roots every 4 weeks. If the time - or the expense - doesn't permit that kind of attention, then think about having your hair professionally highlighted and low lighted - a mixture of many shades and tones of basic colors like honey blonde, or chestnut brown. The look lasts for up to six months without a touch up.

**7. Trade in your shower gel for a moisturising bar of soap.** Did you ever wonder why the ingredients label on your shower

gel is two inches long and filled with chemical terms you can't pronounce - while the ingredients on an average bar of beauty soap is just one sentence? Most gels contain chemicals, dyes, foaming agents, and lots of drying alcohol - all things your skin doesn't need. Try a daily shower with a moisturising soap instead - and see your entire body complexion come alive in just 14 days or less. And - you'll save money too!

**8. Wear a bronzer all year long.** Most women think of a powder bronzer as a summertime treat. Just a quick pouf of powder on the bridge of your nose, the tops of your cheeks, and round the outer rim of your forehead will give you a glow.

**9. Take a calcium/vitamin D supplement every day.** While many women believe calcium is only important if you're pregnant - or post menopausal - the truth is women of all ages need this vital mineral to maintain a strong and healthy skeleton - and protect against broken bones. What you may

not realise: Studies show women in their 20's need this protection as much as women in their 50's! But that's not all! The latest research shows getting adequate calcium may also help keep skin looking younger longer! And since we're all staying out the sun, the vitamin D is essential to make sure the calcium you take is absorbed. Try it for a month - you'll see a difference!

**10. Wear fragrance every day!** Even if you're just spending the day doing laundry or cleaning the bathroom, studies show that wearing your favourite fragrance is a great way to lift your mood and keep energy levels high. Starting your day with a dousing of fragrance will also make you feel special - and that can affect how you act and react during the entire day. If you can't afford to use your favourite pricey designer fragrance every day, look for scented body lotions or anoint your pulse points with a fragrant bath oil.

## Rachel Rendell Healer & Psychic Medium

I AM a psychic medium and run several development and meditation groups. I was attuned to Reiki and qualified as a Crystal healer in 2003.

Connect with your loved ones in a private reading. My reading for you will bring precisely what is needed in your life right now. I link with my guides who bring through your friends or relatives in the spirit world. I give a clear reading helping you to become aware of the options and general direction you could take in your life.

When healing I work on all levels, physical & emotional alike, clearing blockages and re-aligning the Chakras. I work very much with my intuition as I believe that just like each and every one of us has our own unique energy, so crystals have their own. Readings, Healing and Workshops are £35.00

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For more information go to my website or give me a call. Find me on Facebook [www.facebook.com/RachelRendellPsychic](http://www.facebook.com/RachelRendellPsychic).



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## Christina Oyo

### Is weight loss your new year resolution?

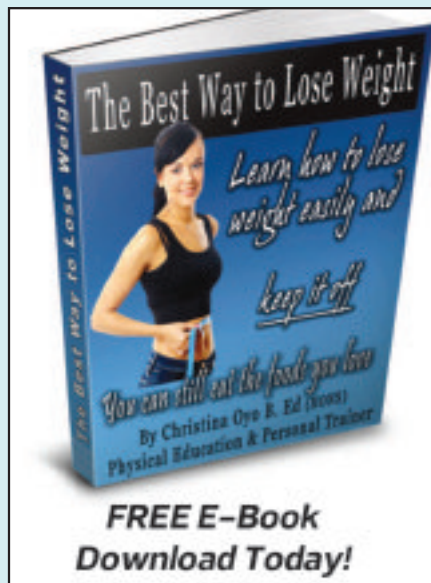
WHEN deciding to lose weight, first consider the following:

1. Are you losing weight for you? Make sure this is something you want for yourself, ensure you are intrinsically motivated and not feeling the pressure from someone else.

2. There are 1000's of weight loss programs available and the majority work for some people. Our lifestyles are all so different and it is essential to find a food and / or exercise plan that is easy to put into yours. This way it is more sustainable and you will be able to not only lose weight and get fit but happily maintain it.

I have worked in the fitness industry for 20 years and always research the latest fitness and weight loss science available. In doing this I am able to offer a wide variety of strategies to suit a wide variety of lifestyles, likes and dislikes.

I offer a FREE Consultation to discuss your goals and a Free Ebook - 'The Best Way To Lose Weight' to help you to consider which weight loss plan is best for you, this is available to download right now at: [www.oyoweightloss.com](http://www.oyoweightloss.com). Contact me to arrange your FREE Consultation on 01297 598913 / 07815 005194.



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**New Years Resolution!**



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**4 Week Toning Inch Loss Course;**

**90 Day Body By Vi Weight Loss Challenge;**

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**W from East Devon:** Took the 90 Body By Vi Challenge & has lost 1 Stone & 12.5lbs in just 10 weeks.

**L from East Devon:** 1 to 1 Personal Training & 90 Day Body By Vi Challenge & has lost 13lbs & 4 inches from her waist.

**R from South Devon:** Took the 90 Day Body By Vi Challenge & Has lost 10lbs in 4 weeks.

**S from East Devon:** Followed the 4 week toning course & lost 4 inches from her stomach; 1 & half inches from her hips & 3 inches from her abs.

You can find out more about all that I offer at: [www.oyoweightloss.com](http://www.oyoweightloss.com)

or contact me: **Christina Oyo** B. Ed. (HONS) P.E.; Qualified Personal Trainer

**Tel: 01297 598913 or 07815 005194** or via email through my website.

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massage can improve the effectiveness and comfort level of chiropractic or physiotherapy care.

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▲ Cath du Preez MTI - Registered practitioner and full member of the Massage Training Institute (MTI) and the Complementary & Natural Healthcare Council (CNHC)



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### Michelle Hague Hypnotherapy

## It's TIME for change

IF like many, you or someone you know has had a bad year in 2013, then maybe it's time for you to do something nice for yourself or show this advert to the person you think it may help.

If you have been unwell, or have felt the stress of the season now passed, then give yourself a gift.

Learn how to do something wonderful for yourself that you can use again and again.

Learn how to unwind to de stress and to enjoy life again.

Give yourself a gift, the gift of "the present".

Michelle Hague is an experienced professional Clinical Hypnotherapist and Cognitive Behavioural Hypnotherapist and an International Lecturer with the London College of Clinical

Hypnosis.

She will take time to help you learn how very simply you can start to take control of your life and to enjoy every moment.

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back on track and ready to enjoy the New Year and all it holds.



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- Confidence building
- Nervous skin conditions i.e rashes
- Healthy eating
- Sleep problems
- Relationship difficulties
- Breaking unwanted habits such as smoking or nail biting
- Fears and phobias and much more

**Michelle Hague**

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Michelle is an experienced therapist an international lecturer with the London College of Clinical Hypnosis. For more information or to book an appointment or to see if she can help you call, or email.



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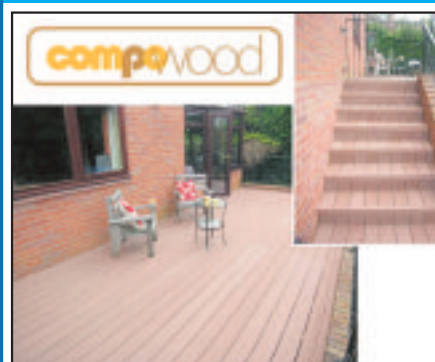


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# View 2

## Vin Garbutt at the Marine Theatre

POWERFUL, hugely moving, warm, humane, inspired, funny and gut-wrenchingly honest. These are just some of the superlatives used to describe Vin Garbutt's performance. An elder statesman of folk, Vin's career has spanned over 40 years of constant worldwide touring. His songs are inspired by the folk tradition, but have transformed into gritty social comment and life observations. He is renowned for his hilarious intros,

but for him his song lyrics are the crux of his performance. A perfect winter warmer this January at the Marine!

Winner of BBC Radio 2 Folk Awards "Best Live Act" Award 2001.

"Vin cuts through the bull, grasping those he meets firmly by the hand and shaking them up with a dose of laughter and tears. It's a true gift to be able to make us laugh and squirm at the same time,

but Vin does both. He should be prescribed on the National Health." *English Folk Dance & Song Society*

Vin Garbutt plays at the Marine Theatre on Saturday, January 18th. Doors open 7.45pm, with music from 8.30pm. Tickets £14 full price, or £13 concessions, and are available online at [www.marinetheatre.com](http://www.marinetheatre.com) or by calling 01297 442138. A Theatre-Friends discount is available.

## PETER PAN FLYS INTO AXMINSTER

THIS years pantomime by the award winning Axminster Drama Club is a new version of Peter Pan The Pantomime written by the Leat Family. As well as being ensured of seeing Peter Pan, played by Emily Keziah Green who is new to the club, flying there is also a very scary Captain Hook in the form of another new member Tucker Stevens.

With Captain Hook is a bunch of motley pirates lead by his "right hook" Smee who have all manner of handicaps and inabilities as well as dreams and wishes, some very comic Indians in the form of regular Axminster performers Eileen Stuart and Caroline Markham, and a large Pans Gang lead by Peter's number 2's Sauce Pan and Marzi Pan. The Lost Persons Gang consists of over 20 children who have much fun being naughty and using their food transforming machine to good effect.

In addition to the inhabitants of Never Never Land are the Darling Family consisting of John, Michael and Wendy plus of course Mr and Mrs Darling and their dog Nana. Added to this lot is a talking parrot and an angry crocodile all of which will be making use of the fabulous colourful and unique sets and costumes which have become a trademark of the clubs pantomimes over the years, but which will have a slightly different twist this year which you will have to wait and see about.

Tickets go on sale at The Archway Bookshop right after Christmas and a reduction is offered for all tickets brought before each performance. The performance dates are Thursday 16th to Saturday 18th January with a matinee on the Saturday. Axminster Drama Club will be making a dona-



EN GARDE | Emily Keziah Green as Peter Pan and Tucker Stevens as Captain Hook

tion to Great Ormond Street Hospital for sick children for use of the Peter Pan name so as well as having a very enjoyable time by attending their panto you will also be helping benefit a very worthwhile charity.

**AXMINSTER DRAMA CLUB**  
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# Peter Pan

The Panto

TICKETS AVAILABLE from 27 December 2013

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01297 353505  
(after hours Tel: 01404 931080)

	Advanced	On the door
Concessions	£7	£9
Adults	£5	£10

Thursday 16th, Friday 17th  
January at 7:30pm.  
Saturday 18th January at  
2:30pm & 7:30pm

## Diary Dates

### UNTIL JANUARY 4TH

**AXMINSTER:** Axminster Arts are exhibiting works by Axminster Art Society and Dalwood Spinners throughout December. Axminster Arts Society presents an exhibition with the theme "At Home". Come and see how each artist has interpreted the subject and be prepared for some surprises! Dalwood spinners, a local craft group who create hand made gifts, give all of the proceeds from their sales to South West Children's Hospice. Crafts produced by other artisans are also on sale and could be suitable for Christmas gifts. Axminster Arts Café, The Old Courthouse, Church Street, EX13 5AQ. 01297 631455. Opening hours Mon-Sat 9am-2pm

### TUESDAY DECEMBER 31st

**KILMINGTON:** Western Spirit Linedance New Year's Eve Disco at the village hall, Whitford Road. 7.30pm-12.30am. Pop/Country/Jazz and more. Quizzes and a few other surprises throughout the evening. Tickets on sale now £8 each! Bring and share buffet, BYO drinks. Non Line Dancers welcome. Tea and coffee available. For more details or to book call 07985 234149 or email [marina@westerspirit.co.uk](mailto:marina@westerspirit.co.uk)

**OTTERY ST MARY:** Live music from John De Barra at the Kings Arms.

### FRIDAY JANUARY 3rd

**SIDMOUTH:** Drop in Bumps and Babes – run with health, for babies until they are crawling at Sidmouth Children's Centre, 10am-11.30am.

### SATURDAY JANUARY 4th

**EXMOUTH:** John De Barra at Exmouth Con Club.

### MONDAY JANUARY 6th

**AXMINSTER:** Bingo at the Guildhall. Doors 7pm, eyes down 8pm.

**SIDMOUTH:** Drop in Stay & Play for under 5's, with Health Clinic at Sidmouth Children's Centre. 9.30-11.15am.

**OTTERY ST MARY:** Baby Oasis – weekly drop in offering social support for breastfeeding mums at Ottery Children's Centre, 10.30am-12noon.

### TUESDAY JANUARY 7th

**SIDMOUTH:** Rhyme Time – drop in for younger non-mobile babies, at Sidmouth Children's Centre, 1.30-2pm.

**SIDMOUTH:** Music & Movement – drop in for children on their feet, at Sidmouth Children's Centre, 2.15-3pm

You can email your Diary Dates to  
[rob@pemedial.co.uk](mailto:rob@pemedial.co.uk)

Deadline Friday midday

**OTTERY ST MARY:** Tuesday Tots – drop in for under 5's led by parents for parents at Otter Children's Centre from 2-3pm.

### WEDNESDAY JANUARY 8th

**COLYTON:** Images of Dartmoor an illustrated talk to be presented by Tony Burges (Dartmoor Guide) at 2.30pm in the Pavilion, Peace Memorial Playing Fields, Coly Road (EX24 5PU). All welcome, DA Members £1 non-members £3. Organised by the Devonshire Association (Axe Valley Branch), contact the Chairman, Dr David Westlake (01297 678529) for more information.

**OTTERY ST MARY:** Drop in Stay & Play for under 5's at Old Boy's School, 9.30am-11am.

**OTTERY ST MARY:** Drop in Bumps & Babes at Ottery Children's centre, for babies until they are crawling, 1.30-3pm.

**PINHAY:** Axe Vale and District Conservation Society Work Party on the Undercliffs. Laurel clearance, step building, Park at Pinhay (SY316914), 10am-4pm. Bring lunch if staying. For more details call 01297 552945 or 01460 220650. Non-members welcome.

### THURSDAY JANUARY 9th

**FENITON:** Feniton Stay & Play, drop in group for under 5's at Youth Centre, 1.45-3.15pm.

**OTTERY ST MARY:** Drop in Clinic at Ottery Hospital 2-4pm

### FRIDAY JANUARY 10th

**SIDMOUTH:** Drop in Bumps and Babes – run with health, for babies until they are crawling at Sidmouth Children's Centre, 10am-11.30am.

### SATURDAY JANUARY 11th

**BEER:** Breakfast Bonanza at Bay View Tea Rooms, Fore Street from 9.30am to 12noon. £5.50 per person. Come and enjoy breakfast and support Puffins at Beer Preschool.

### SUNDAY JANUARY 12th

**SIDMOUTH:** Pete Allen jazz – clarinet/saxes/vocals. An entertaining at exciting solo music show. Held at NEW VENUE Woodlands Hotel, Station Road (EX10 8HG). Doors open 2pm, music from 3-5.30pm. Licensed bar, light snacks available, free car parking, admission £7.50 on the door. For more details call 078 999 25194. For pre-show Sunday lunch and accommodation, call Hotel reception on 01395 513120.

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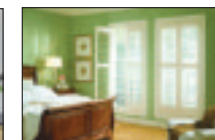
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Mary specialises in the diagnosis and treatment of foot disorders and offers simple orthotics at reasonable prices as well as a range of foot care products. The aim of The Foot Friendly Clinic is to make patients feel comfortable and at ease whilst finding efficient solutions to their problems. Mary also visits care homes in the local area, if you would like to book an appointment please call into Unit 3 Miltons Yard or telephone 01297 625515 or 07946 213310 The clinic is very accessible for customers with mobility problems.

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## Volkswagen gives the E-Up! A Voice

AS Volkswagen UK prepares to launch its first electric vehicle – the e-up! city car – in January.

Called "The streets sound different. e-mobility by Volkswagen." the video takes an enter-

taining look at the advantages of electric vehicles, which usually move through the streets emission-free and almost silently. Volkswagen's world champion of efficiency, however, was fitted with hidden loudspeakers as it made its way through the Swedish capital of Stockholm. The vocalist and beatbox artist Fatih Sahin surprised passersby from the rear seat of the e-up! with his humorous imitations of driving noise.

The drive through Stockholm triggered a great deal of attention from amazed passersby. Busers sponta-

neously accompanied the e-up! on its journey with their guitars and flutes, adding to the relaxed atmosphere. People in the streets turned their heads in surprise and pulled out their smartphones to record the unusual event in video clips and photos.

Volkswagen also videoed the reaction in Sweden to e-up!'s unusual journey. The film called "The streets sound different. e-mobility by Volkswagen." was produced by the DDB Tribal interactive agency. The creative minds were inspired by Think Blue., Volkswagen's approach to ecological sustainability.

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2006(56) LEXUS RX400h SE  
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2011(60) SEAT EXEO ST 2.0 TDI  
CR143 SPORT TECH ESTATE  
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2007(57) FORD FIESTA 1.4  
ZETEC CLIMATE  
£4,695



10(10) BMW 320D SE  
TOURING  
£11,950



2007(57) MINI COOPER S  
CHILLI PACK  
£7,350

2010(10) AUDI A3 2.0 TDI SPORT CONVERTIBLE, Metallic Brilliant Black, Full Audi Service History, Audi Bluetooth Phone, Cruise Control, Digital Climate Control, Parking Sensors, Electric Folding Roof, CD Player, Outstanding MPG, Only £30 Per Year Road Tax .....£11695

2010(10) FORD KA 1.2 STYLE PLUS, Frozen White, 27000 Miles with Full Service History, Air Con, ABS Brakes, Heated Front Screen, Only £30 Per Year Road Tax .....£5495

2010(59) CITROEN C3 1.1i FIRST, Metallic Black, Full Citroen Service History, Air Con, ABS Brakes, Remote C/Locking, E/Windows, Low Insurance, Great MPG, Only £125 Per Year Road Tax .....£3995

2008(08) FORD C-MAX 1.6 TDCi ZETEC, Metallic Panther Black, Full Ford Service History, Air Con, ABS Brakes, Alloy Wheels, Remote C/Locking, E/Windows, Outstanding MPG, Only £105 Per Year Road Tax .....£4995

2007(57) FORD FIESTA 1.4 ZETEC CLIMATE, Metallic Panther Black, ONLY 28000 with Full Service History, Air Con, ABS Brakes, Heated Front Windscreen, Remote C/Locking, Auto Headlights, Auto Wipers, Outstanding MPG, Only £140 Per Year Road Tax .....£4695

2007(57) MINI COOPER S CHILLI PACK, Pepper White, Full Service History, Digital Climate Control, ABS Brakes, Traction Control, Remote C/Locking, Alloy Wheels, E/Windows, Only £140 Per Year Road Tax .....£7350

2006(56) SEAT LEON 2.0 TDI SPORT REFERENCE, Metallic Lluvia Blue, Full Seat Service History, Air Con, ABS Brakes, Remote C/Locking, Parking Sensors, Outstanding MPG, Only £175 Per Year Road Tax .....£4695

2006(06) MINI COOPER CHILLI PACK, Metallic Lightening Blue with White Roof, Full Mini Service History, Cruise Control, 1/2 Leather Interior, iPod Connection, Air Con, ABS Brakes .....£6495

2005(05) AUDI A3 2.0 FSI SE, Metallic Piemont Red, Full Service History, Full Beige Leather Trim, Digital Climate Control, ABS Brakes, Traction Control, Cruise Control, Remote C/Locking .....£5985

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2010(60) SEAT EXEO ST 2.0 TDI CR143 SE TECH ESTATE, Candy White, Full Seat Service History, Full Black Leather Interior, Full Colour SAT NAV, Seat Bluetooth Telephone, Cruise Control, ABS Brakes, Privacy Glass, Digital Climate Control, Parking Sensors, Alloy Wheels, OUTSTANDING MPG, Only £125 Per Year Road Tax .....£8750

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2008(58) MINI CLUBMAN COOPER S CHILLI PACK, Metallic Dark Silver, Full Mini Service History, Air Con, ABS Brakes, Cruise Control, Xenon Headlights, CD Player, Alloy Wheels, Only £140 Per Year Road Tax .....£8675

2006(56) LEXUS RX400h SE MULTIMEDIA CVT AUTO HYBRID, Platinum Ice Metallic with Black Pembroke Leather Interior, Full Lexus Service History, SAT NAV, Reversing Camera, Bluetooth, Alloy Wheels, Reversing Camera, Heated Seats, Climate Control, E/Windows, Cruise Control .....£9995

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<b>07 (07) FORD FOCUS GHIA 2.0 Petrol AUTOMATIC</b> in Panther Black Met, Alloys, Radio/CD, Remote central locking, Locally owned, 45000 miles appx .....	<b>SOLD</b>

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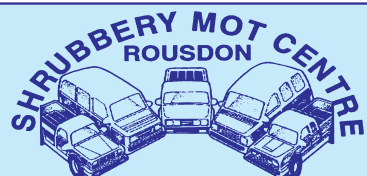
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D&E Premier	P	GD	Pts
Newtown	11	41	31
St Martins	10	45	24
Feniton	9	21	20
Seaton Town	13	-3	19
Budleigh Salt Res	15	-21	19
University Res	11	-3	18
Tiverton Res	8	16	16
Hatherleigh Town*	10	3	15
Thorverton	10	-9	15
Topsham Town	14	-10	15
Chard Town Res	12	7	14
Beer Albion	12	-11	14
Willand Rovers Res	13	-10	10
Clyst Valley	11	-27	4
Heavitree Utd	11	-41	4

Division One	P	GD	Pts
Elmore Res	14	41	39
Sidbury Utd	15	31	34
Witheridge Res	15	32	32
Bow AAC	12	27	27
Alphington Res	14	9	26
Wellington Res	14	13	25
University 3rds	15	21	21
East Budleigh	15	3	21
Exmouth Amateurs	16	-7	18
Beacon Knights	11	-1	16
Bickleigh	12	-10	13
Heavitree Utd Res	11	-13	11
Tipton St John	14	-20	11
Cullumpton Res	14	-24	9
Newton Poppleford	17	-79	0

Division Two	P	GD	Pts
Honiton Town	12	45	34
Dolphin	12	17	31
Newtown St Cyres	14	20	26
Lymington	13	11	23
Halwill	14	-5	21
Exwick Villa Res	10	12	20
Dawlish Utd	10	18	17
ogham Town Res	17	-11	15
South Zeal Utd	9	5	12
Westex Rovers	12	-3	12
TColyton	13	-8	11
Cum United	13	-26	11
Credition Utd Res	13	-39	7
Clyst Valley Res	11	-26	6
Pinhoe	10	-10	5

Division Three	P	GD	Pts
Upton	13	33	31
University 4ths	11	21	27
Hemyock	12	20	25
Newtown Res	13	12	25
Chumleigh	9	16	18
Woodbury	12	8	18
Chagford	13	-6	16
Tedburn St Mary	12	-15	15
Sidmouth Town Res	12	-8	12
Ottery St Mary	11	-4	10
Amminster Town Res	13	-36	7
Exmouth Amateurs	11	-41	-1

Division Four	P	GD	Pts
Exmouth Utd	14	12	33
Amminster Town Res	13	18	27
Lords XI	9	9	25
Cheriton Fitzpaine	13	14	24
Awilcombe Utd	13	10	24
Thorverton Res	13	18	22
University 5ths	12	13	20
Okehampton Arg Res	13	2	19
Newtown 3rds	13	-6	15
North Tawton	13	-7	15
Bampton	12	-5	13
Hatherleigh Town Res	11	-9	10
Sandford	12	-35	4
Winkleigh*	13	-34	0

Division Five	P	GD	Pts
Lapford	13	17	30
Dawlish Utd Res	13	25	29
Morchard Bishop	12	17	28
Langdon	11	30	24
Bow AAC Res	14	14	24
Amory Park Rangers	13	23	23
St Martins Res	10	8	20
Westex Rovers Res	12	13	18
Countess Wear Dynamos	12	0	17
Feniton Res	12	-13	11
Sampford Peverell	10	-16	8
Beer Albion Res	14	-29	6
Dunkeswell Rovers	15	-46	5
Seaton Town Res	11	-43	1

Division Six	P	GD	Pts
Otterton	12	22	30
Honiton Town Res	14	13	24
Uplowman Athletic	11	29	23
Topsham Town 3rds	12	12	23
Priory	13	11	23
Starcross Generals	11	16	22
Stoke Hill	14	3	20
Silverton	15	-5	20
Flutton	13	16	19
Ottery St Mary Res	15	-13	15
Halwill Res	10	-3	14
Newtown St Cyres Res	12	-7	11
East Budleigh Res	11	-12	11
Exwick Village	13	-28	9
Amory Green Rovers	9	-54	3

Division Seven	P	GD	Pts
Henry's Cronies	12	38	36
Alphington 3rds	14	26	35
Kentisbeare	15	23	28
Langdon Res	14	10	24
Newtown 4ths	14	3	23
Bradinch	13	5	20
Offwell Rangers	17	-1	19
Railway Club	10	-7	16
Pinhoe Res	14	-14	16
Woodbury Res	13	-13	13
Met Office	15	-29	12
Chagford Res	15	-17	11
Lymington Res	9	-9	10
Tedburn St Mary Res	11	-38	6

Division Eight	P	GD	Pts
Alphington 4ths	15	25	31
Hemyock Res	12	20	28
Cheriton Fitzpaine Res	12	16	26
Woodbury 3rds	12	5	22
Elmore 3rds	10	4	18
Open Space International	14	5	17
Sandford Res	10	-3	16
Lapford Res	14	-7	15
Bickleigh Res	9	-7	11
Bampton Res	12	-15	10
Bradinch Res	14	-44	1

## Only nine survive as weather hits hard

### Dolphin close the gap but Honiton Town still looking good

**ROUND-UP**  
NINE matches throughout the Fresha Devon & Exeter league managed to defy the elements after heavy overnight rains, but that generated enough interest for the clubs who were lucky to get a game.

Top of the pile were DOLPHIN who came from a goal down to beat Division Two promotion rivals DAWLISH UNITED 2-1. Ryan Harris equalised for Dolphin before the break and the Exeter city team nabbed the winner from Jimmy Lee-Shaw.

TOPSHAM TOWN RESERVES fielding a side which averaged just 18 years, their eldest player being 22, overran visiting HALWILL 6-1.

James Skinner with a brace, Alex Gibbings, Nathan Antat, Mitch Ward and Lee Arthurs shared the Tops' goals.

DAWLISH UNITED RESERVES won their Division Five game against COUNTESS WEAR DYNAMOS 3-0 but admit it was closer than the scoreline suggests.

TOPSHAM THIRDS beat NEWTON ST CYRES RE-

SEVES 2-0 in Division Six with Mark Pavey and Russell Booker on target, but FLUXTON and UPLOWMAN ATHLETIC shared a 2-2 draw both teams feeling they might have won it.

Uplowman goals came from Dan Horler and Rob Hanna, with Oliver Paget getting both goals for Fluxton whose Graham Hughes had a superb game.

Three matches survived the weather in Division Seven with third place KENTISBEARE beating WOODBURY RESERVES 4-2 thanks to a hat-trick from Kris Roper his fifth this season. Substitute Lee Jenner also scored.

BRADINCH beat OFFWELL RANGERS 2-1 thanks to a last minute penalty from Gary Norman. Their first was an own goal.

NEWTON FOURS beat CHAGFORD RESERVES 2-0 in the third match and ELMORE THIRDS won the only game played in Division Eight at leaders ALPHINGTON FOURS with Adam Westbrook and Nicky Howe scoring.

The weather obliterated the entire Premier and Division One programme, the surprise being that in Premier both BEER ALBION and FENITON called off be-

cause their normally so reliable pitches were saturated.

It means that leaders NEWTOWN will stay top of the tree over Christmas, and with everything to look forward to.

Newtown have stormed to the top and into the last eight of the Graddon Vending Premier cup, and on current form will take some catching.

Their nearest challengers ST MARTINS have the team but have looked a little less impressive but are not a side to give up the chase.

Champions FENITON seem to be getting back some of the form which won them the title for the first time ever back in the spring, and the other challengers may come from TIVERTON TOWN RESERVES who are desperate to clinch a place in the Peninsular League.

With all four targeting that ambition it should be some run in.

At the other end of the table three teams, WILAND RESERVES, CLYST VALLEY and HEAVITREE UNITED are losing touch but with possibly just two teams going down they have a little mini league to get sorted.

ELMORE RESERVES are the Division One side out on their own as leaders, and they seem to be pulling away with plenty to spare. SIDBURY UNITED, WITHERIDGE RESERVES and BOW AAC are their closest rivals, but the trio cannot afford to let up if they want to catch the eagles and book a Premier slot.

At the opposite end NEWTON POPPLEFORD have an ambition to get at least one point this season but they only have eleven games remaining to achieve that target.

The Popples are resigned to the drop after 17 successive defeats but their attitude is unbowed according to secretary Ken Woodsford.

Division Two leaders HONITON TOWN stay unbeaten and tagged as firm favourites for the title although Dolphin are hot on their heels.

Pinhoe sit on the bottom rung and it is sad to see the former Premier club, and one of the oldest Exeter league team, struggling.

Division Three is down to 12 teams but what a battle is looming between leaders UPOTTERY and the UNIVER-

SITY 4THS, HEMYOCK, NEWTOWN RESERVES and an upcoming CHULMLEIGH.

Expect a few fireworks and nerves in this season before it pans out.

AXMOUTH UNITED are not wilting as Division Four table toppers but they do have EXMOUTH TOWN RESERVES as their only real challenge for the title. Any others would need some finish.

LAPFORD head a seven strong campaign to win Division Five, while OTTERTON head Division Six and look well on the road to the title.

Newcomers HENRYS CRONIES from Exeter have won all 12 of their opening matches, and could well go the entire campaign unbeaten.

Their only real rivals are currently ALPHINGTON THIRDS, whose FOURTH team also head Division Eight where they have a slightly harder run in with HEMYOCK RESERVES and CHERITON RESERVES not too far afield.

Up in the **South-West Peninsula League** the entire Division One (east) programme was postponed on both Saturday December 21st and boxing day.

Meanwhile, fingers were firmly crossed for Saturday's (December 28th) Coronation cup final which was due to be staged at Harry's Field where hosts Millwey Rise were due to take on Crewkerne Town.

### PERRY STREET LEAGUE with Howard Larcombe

#### RESULTS

Saturday, December 21st

#### PREMIER

Winsham Utd 0 Perry Street 3

#### DIVISION TWO

Chard Utd 5 S. Petherton Res 0

#### FIXTURES - January 4th

#### DIVISION ONE CUP FINAL

Lyme Regis Res v Perry Street Res (at Crewkerne, 2pm ko)

#### Premier

Crewkerne Town.....9 23 23

Perry Street.....10 21 22

Lyme Regis.....7 19 19

W&M Chinnock.....9 3 14

Shepton Beau.....9 12 14

Beaminsters.....6 2 12

Misterton.....8 0 11

Millwey Rise.....9 0 9

Ilminster Res.....8 -16 6

Combe Res.....7 -15 4

Winsham Utd.....12 -49 0

#### Division One

South Petherton.....9 25 23

Perry Street Res.....9 23 22

Lyme Regis Res.....8 17 19

Forton Rangers.....10 10 18

Barrington.....11 2 14

Pymore.....10 -4 13

SW Peninsula Div 1E	P	GD	Pts
Exwick Villa	16	35	38
Teignmouth	16	27	37
Gallopston Utd	15	11	33
Stoke Gabriel	13	50	32
Totnes & Dartington	19	5	23
Budleigh Salterton	15	7	23
Alphington	16	0	22
Credition Utd	17	-6	22
Apoldore	14	5	21
Newton Abbot Spurs	15	-4	17
SIDMOUTH TOWN	17	-9	17
Plymouth Utd	14	-17	17
Exeter University	16	-7	15
Okehampton Argyle	16	-12	15
AXMINSTER TOWN	17	-21	12
Liverton Utd	14	-64	10

Farway Utd.....11 -8 13

Netherbury.....9 -4 10

Beaminsters.....11 -39 4

Uplymere.....10 -22 3

#### Division Three

Barrington Res.....9 17 21

Drimpton.....11 19 19

Lyme Bantams.....9 9 17

Chard Utd Res.....10 0 7

Hawkchurch Utd.....10 6 16

Shepton Beau Res.....8 10 14

Millwey Rise Res.....9 -1 11

Ilminster Town A.....8 -5 9

Winsham Res.....11 -27 5

Chard Rangers.....10 -20 3

#### Division Four

Kingsbury.....12 31 31

Merriott Dyn.....12 40 28

Thorncroft Res.....10 19 21

Forton Res.....9 17 19

Combe B.....11 10 17

Misterton Res.....9 0 16

Crewk Rang Res.....10 -10 9

Uplymere\*.....10 -7 8

Hinton.....11 -22 7

Farway Utd Res.....11 -43 4

Chard Rang Res.....11 -35 3

\* = Pts deducted

## N1 triathlon club supports Marie Curie Cancer Care

TEAM work is not the first thing you would associate with the sport of triathlon, but for East Devon's **N1 Tri club** it is very important. It came as no surprise then when Sally Hutter called upon her fellow club members to support her in a sea swim in order to raise

money for the clubs charity of choice, Marie Curie Cancer Care that there was a good response.

Sally was hoping to take part in the regular Boxing Day Sidmouth Sea swim but a postponed operation until Christmas Eve put paid to this.



■ SURF'S UP: N1 Tri Club members brave the sea at Sidmouth in aid of Marie Curie Cancer Care.

Around 20 club members found they had chosen a wild night as the seas crashed against the Sidmouth shore.

Sally was delighted to present Angela Booth, representing Marie Curie Cancer Care in Honiton, with a cheque for £500 which had been raised by the club.

**Life membership**  
The second highlight of

the evening was a presentation, at the post swim party, of Honorary Life Membership to Karl Hodson.

Karl has done much to develop the club in recent years including coaching, kit design and procurement and most of all motivation and support to other club members.

A club spokesman said: "The N1 tri club salutes

Sally Hutter and Karl Hodson, but at this time of year we offer a special salute to the nurses of Marie Curie and for those people they care for who have their own particular race to run."

◆ If the sport of triathlon interests you then visit our website which is [www.n1triathlon.co.uk](http://www.n1triathlon.co.uk) or our Facebook page n1 tri club.

## skittles east devon hunt

Div 1	Pld	Pts	Top Cats	Pld	Pts
Marvels.....	11	20	A Team.....	11	8
Sidford.....	12	16	Axe Valley.....	11	6
Auctioneers.....	10	14	Awlls'cbe Shoot...10	4	
Breakaways.....	10	14			

Div 3	Pld	Pts
Goldtops.....	10	16
New Inn.....	11	16
Yoyo's.....	11	16
Keepers.....	10	14
Yetties.....	11	12
Bashers.....	9	10



# A Preview of the 2014 Wessex area Point-to-Point season

**T**HE Wessex area Point-to-Point season kicks off on Sunday, January 5th with the Larkhill Racing Club fixture at Larkhill Racecourse, Wiltshire *writes Brian Armstrong.*

Twenty-two meetings are scheduled in Wessex, culminating in the Weston & Banwell's evening fixture at Cotelstone, Somerset, on Wednesday, May 14th.

For a free colour leaflet detailing all the meetings in the Wessex area, send an SAE to Gill Armstrong, Pantiles, Penselwood, Wincanton, Somerset BA9 8NF.

During the season keep up with the latest Wessex news on [www.pointingwessex.co.uk](http://www.pointingwessex.co.uk), Point to Point Racing in Wessex on Facebook and @pointingwessex1 on Twitter.

Henstridge trainer Stuart Penny made a flying start to the season when Jill Awdry's Latest Trend took the PPORC ladies' open at Barbury Castle on December 8th, while Chloe Roddick and Charlotte Davis got off the mark with Cornwall Hunt Club winners Romassor and Champagne Rosie at Wadebridge.

Here are some other horses to look out for in 2014.

## Devon/Somerset Border

**KEITH and Janet Cumings'** Bishop's Nympton near South Molton yard welcomes back two-time runner-up Go On Henry, Great Trethew winner Whenharrymetally, plus Kingston St Mary maiden winner and restricted second Gone That Way.

Larkhill and Milborne St Andrew winner Certain Flight may go hunter chasing. Captain Reacher, who unseated in a Market Rasen bumper, and three unraced and unnamed youngsters complete the yard.

**Olivia Jackson** will campaign four horses from home a few miles from Bishop's Nympton. Olivia has retained Derek Lovell's The Accordionist and Restezen D'Armor, a former three-time chase winner for Charlie Longsdon.

**Brian Kilpatrick's** Ooson and The Mamur Zapt, who missed last season after winning maiden races in 2012, both return.

## Somerset

FITZHEAD near Wiveliscombe trainer **Gerald Greenway** has two horses for 2014.

Gerald has retained Justabout, the winner of five races under Rules but unplaced in his four outings between the flags last season, and welcomes Doncaster purchase Talab, winner of a Bellewstown hurdle and placed eight times under Rules for the Dessie Hughes stable.

Owner-trainers **George and Debbie Beilby** from Lawford on the Quantocks will again race Big Mick and Carrickmines, who was placed in five of his eight 2013 outings.

Burnham-on-Sea owner-trainer **Sarah Gordon** will be represented by Canada Coombe, the winner of an Ottery St Mary maiden and a Littlewindsor restricted from his six outings last season.

**Camilla Scott** has a small team of horses at Brompton Regis near Dulverton. Larkhill winner Gone To Lunch may return to action, while Camilla welcomes back Cotelstone winner Soul Native, **Audrey Manners'** Ladfromhighworth, who should have little difficulty winning his restricted, and Honours Insight, who was unlucky not to get the verdict at Great Trethew.

**Neil Harris** has six horses in training at Brompton Regis. Hunter Chase winner King Of Alcatraz, third at Wadebridge on December 15th, and Four Burrow runner-up What About Will are joined by four unraced maidens.

**Julie Pocock** retains four pointers from last season at her Stolford yard near Bridgwater, including grand campaigners Dandooley and Amber Love.

The yard is completed by Highland Thistle and Crackacan, a very promising runner-up at Woodford in April.

West Buckland licensed trainer **Alex Dunn** will again partner her family's prolific trio Double Mead, who is unbeaten in her last six outings Lion On The Prowl, who opened his pointing account at Andoversford in April, and Picaroon.

Spaxton near Bridgwater trainer **Louise Cabble** has three horses for 2014. Louise has retained Cotelstone winner Roseyroo and welcomes back Foynes Island, who missed 2013. Maiden seven-year-old David's Dream completes the team.

**Leighton and Marie McGuinness** have a stable of mainly young point-to-pointers at their Spaxton yard near Bridgwater.

They have retained King's Bench, King's Scout, Wadebridge third Tiger Wild and Zagova, who opened his account at Larkhill.

Newcomers include Tackler, who was third in a Southwell hurdle in May, the ex-Philip Hobbs-trained Calusa Storm, and ex-flat racer Dusky Lark.

North Petherton's **Suzy Berry** has three new horses

for 2014. The ultra-consistent Ha Ho Magregor has retired, but Suzy welcomes Hilda Wild and Otis Tarda, both of whom she has ridden to victory between the flags.

Cheltenham handicap chase winner Sound Stage, likely to contest two ladies' opens before hunter chasing, is an interesting recruit.

**Sue Popham** has five horses at her Wellington stables. Sue has retained Swansbrook, the winner of four of his eight 2013 outings, dual 2013 winner Getaway Driver and Carlos Gardel, while Bob Emmet returns after missing last season.

Iron Chancellor, the winner of two Irish point-to-points and a Southwell hunter chase, completes the team.

**Jane Western** will send out three horses from her Forde Abbey near Chard yard. Jane has retained Kingston St Mary winner Last Minute Notice and Gypsy Jack, who missed last season after winning two of his three points when trained by Richard Barber.

The newcomer is **George Rendell's** Ascot purchase Driftwood Pride, the winner of a Cottenham maiden last season.

**Colin and Julie Bright** have two horses at Combe St Nicholas near Chard. Holnicote winner Some Slam is joined by Doncaster purchase Village Whispers, who was runner-up in a Kinsale point-to-point in June.

**Chloe Roddick** has a strong team at Wellow near Bath, including Wadebridge winner Romassor, Cheltenham hunter chase winner Rebel Du Maquis, a possible mount for Paul Nicholls' daughter Megan later in the season, and Chepstow Novice Chase winner Valentine Vic.

Young Jim, Wadebridge winners Combehay and Hugo Where Igo also return.

Newcomers include **Stephen and Louise Kemble's** Tara Flow, an unraced full-sister to the stable's impressive 2013 winner Tara Point, The Copper Jug, who is related to Hennessy Gold Cup winner Strong Flow, and Action Ball, a full brother to top French chaser Rubi Ball.

Gare Hill near Frome permit trainer **Charles Whitaker** has retained Larkhill winner Starburst Diamond, dual 2012 winner Pertinent, Now Listen to Me – absent since finishing third in his single 2012 hunter chase outing – and dual 2013 winner Ruapehu, who may be campaigned in points later in the season.

Rode near Frome trainer **Sarah Hawker** will campaign three horses this season, including interesting newcomer Tricky Trickster, winner of the four-mile National Hunt Chase at the 2009 Cheltenham Festival. Jayo, who may be suited to sub three-mile hunter chases, is joined by homebred bumper runner-up Beaujolais Bob, a son of the Hawkers' winning pointer Charliebob.

**Charlotte Davis**, who made an excellent start to her training career by sending out Champagne Rosie to win the 2013 National Novice Mare Award, has nine horses at Sutton Montis near Sparkford.

Champagne Rosie, who opened her seasonal account at Wadebridge on December 15th, will again be in action, along with newcomer Song Sung Blue, third at Wadebridge after winning five races under Rules for the Colin Tizzard stable.

Seven maiden horses, including Wadebridge runner-up Sutton Storm, complete the yard.

**Sarah Gould** has eight pointers at the family farm at Cranmore near Shepton Mallet. Sarah retains Cotelstone runner-up Third Chance, No Excuses and Special Occasion, the winner of three races last season.

Interesting newcomers include Molland Gayle, the winner of four races for the Robert Chanin stable and former high class Rules performer Silverburn, a full-brother to Cheltenham Gold Cup winner Denman and winner of a Grade 1 Sandown Novice Chase.

Bruton trainer **Rose Loxton** will campaign Gwanako, the winner of 12 races under Rules, and runner-up at Wadebridge under Megan Nicholls.

**Andrew Croskey and Lucinda Gould** will race Poqueelin from stables at Alhampton near Ditcheat.

Formerly trained by Paul Nicholls, Poqueelin has won 10 races under Rules, including five at Cheltenham where he finished runner-up in the Ryanair Chase at the 2010 Festival meeting.

Trainers **David Prichard and Becky Furber** have re-joined Paul Nicholls' Ditcheat stables, but have retained Martys Mission, the winner of a 2m4f Ludlow hunter chase in February.

**Frances Bishop** will race Theatre Evening, the winner of a 2m6f Newton Abbot hurdle for trainer Fergal O'Brien in May.

**Stuart Penny** has a 10-strong team at Inwood, near Henstridge, including Jill Awdry's easy Barbury Castle winner Latest Trend.

Stuart has retained Hazel Goody's five-time winner Quedillac, who will appear at Larkhill on January 5th, stable stalwarts Who Else Knew and Silver Monarch, and Pat Awdry's Ashton Magic.

Newcomers include Ascot purchase Trueflying-colours, winner of four of his nine points for the Richard Barber stable, and Kay Birchenough's Mysocks, a half-brother to Kay's dual Welsh National runner-up Giles Cross.

**Jack Barber** commences his training career with 13 horses at Henley near Crewkerne. Cheltenham Foxhunter and Horse & Hound Cup runner-up Chapoturgeon will again go hunter chasing, while the consistent Different Trades – in the frame in his last 17 completed starts – and dual 2013 winner Kostaquarta are two more to note.

I'm No Turtle, who missed 2013, dual Plumpton hurdle race winner Aikideau and Subtle Sovereign may be three more for the notebook.

**Ryan Bliss**, also based at Henley, has two horses for the new season. Ruling Party, who was placed in three of his six starts for Alan King, joins Rock Of Deauville, unplaced in his one Wadebridge point-to-point but winner of two French flat races and sixth in Cheltenham's 2011 Fred Winter Hurdle when trained by Paul Nicholls.

**Chloe Newman** and her sister, **Tanya Taylor**, have four horses at Woolminstone near Crewkerne.

They have retained Wadebridge runner-up Sobre Tre-tor and welcome back homebred Tikkeche, who was unplaced in three outings last season.

The newcomers are the ex-Bob Buckler-trained Glenwood Present and a homebred unraced four-year-old filly by With The Flow out of the Newmans' winning open pointer Breteche.

Josh Newman will again partner the family's runners.

## Dorset

**RICHARD Barber** has his usual strong team of pointers at Seaborough near Beaminstor, including hunter chase winner Round Tom, a potential Cheltenham Foxhunter candidate, Bellsinni Ron, winner of four of his five outings last season, and the evergreen Barneys Mate, who can add to his 21 career victories.

Siege Of Troy, who was well in contention when falling at the Berkeley, also returns.

The stable has its customary intake of younger horses and the market at early meetings is sure to highlight ones to follow.

**Lucia Borradaile** will campaign Classic Swain, who opened his pointing account at Milborne St Andrew in 2013, from her Stoke Abbott near Beaminstor home.

**Robert and Nicky Atkinson** have three horses at Cattistock near Dorchester. Milborne St Andrew winner Regal Spider is joined by Fontano, the winner of two races under Rules for the Emma Lavelle stable, and ex-Irish 7yo Walker Ridge.

**Graham Foot** has two horses at Askerswell near Bridport. Stable star Johnny's Way returns after missing 2013 and is joined by Graham's homebred Syo Askers Lad.

Sherborne owner-trainers **Richard and Ruth Diamond** will race Merry Terry, who returns to hunt racing after winning four point-to-points in 2011.

Kington Magna near Gillingham owner-trainer **Mark Hoskins** will race For Sahkey Moony, who was unlucky not to open his UK pointing account at Bratton Down in 2013 under Emma Hamilton.

**Rilly Goschen** has three horses at Nyland near Gillingham. These are Thunder On, who opened her account at Larkhill, Peper Harow winner Extra Bold and Risk, third in his two 2012 hunter chases.

Motcombe near Shaftesbury trainer **Pat Bryant** will race Treborough Hill winner River Indus, a possible first ride for 18yo Harriet Tucker. Two young horses may also be in action later in the season.

Wincanton Racecourse chairman **Guy Henderson** joins pointing's training ranks from his Shaftesbury home.

Guy will campaign the ex-Paul Nicholls-trained Minella Stars, a promising second at the season's opening meeting at Black Forest Lodge in December.

**Mary Tory** has six pointers at Thornicombe near Blandford, including Crank Hill, the winner of five point-to-points to date. Battle Bridge misses 2014, so Chloe Swaffield will partner Gleann Ri, a private purchase from former owner Robin Butterworth.

Newcomers include Give Us The Wink and an unmade four-year-old gelding, both homebred by Mary's mother-in-law Ann Tory out of her winning point-to-pointer Wink And Whisper.

**Harriet Besent**, from Melcombe Bingham near Dorchester, will again be aboard Deimne, who pro-

vided Harriet with a dream debut in Larkhill's Royal Artillery hunt race last January.

**Monica and Norman Tory** will again race stable stalwart Gunner Be Quick, to be ridden by their son, Rupert, from their Winterborne Whitechurch yard.

Okeford Fitzpaine trainer **Sally Alner** will race a small string of pointers headed by 2013 Wessex Leading Horse Master Medic, who was unbeaten in six point-to-points and won Wincanton's Lady Riders' Series Final hunter chase.

**Michael Miller** has three horses in his Hazelbury Bryan yard this season. Promising Larkhill runner-up Token Bay, who is part-owned by Michael's brother, Andrew, and Jill Miller's Sparkling Miss, a once raced five-year-old out of the prolific Miss O'Grady, are joined by Steve and Sandra Bailey's unraced homebred Our Coco.

## Dorset/Devon Border

**GORDON Herrod** will race two horses from his Colyton farm near Axminster. Cotelstone winner Mullins Mill is joined by Lajidaal, a July Ascot purchase after winning on the flat, over hurdles and over fences under Rules.

## Wiltshire

**CHARLOTTE Fear** (née Tizzard), who sent out five winners from her Wingfield near Trowbridge base last season, relies on the same three horses for 2014.

These are Wincanton hunter chase winner Coombe Hill, Badbury Rings and Cotelstone winner Little Cornham and Larkhill specialist Parstara, who took her tally at the Wiltshire venue to three.

Figheledean near Larkhill Racecourse owner-trainers **Sally and Stan Rawlins**, who enjoyed a popular recent success under Rules with Sidbury Hill, will again race Righteous Glory, who will be aimed at the Royal Artillery Hunt race in January.

**Camilla Baylis** will race five horses including Dads Birthday and Blue Spartan, who was both placed in two of their four 2013 outings, Dizzy Delights and Littlewindsor runner-up Letham Cottage from her Maiden Bradley base.

## Wiltshire/Hampshire Border

**JAMES Young** plans to run five horses from his Brockenhurst stables in the New Forest. Hinchelsea Moor and Hackwood Park winner Marlpit Oak are joined by Ascot purchases Miss Redbrook, Springhill Boy and Deal Of The Day. Luke Kilgariff and Dan Sansom will take the bulk of the rides.

**Rob Sparks** has four horses at Burley in the New Forest, including Badbury Rings winner Shaboom. Newcomers include ex-Irish pointer Rockmills Lad and the ex-Jonjo O'Neill-trained Dramatic Duke.

Upham near Winchester trainer **David Buckett** will be represented by Anna Reed's recent purchases Seigneur Des Bois, who put up a promising display when runner-up at Barbury Castle on December 8th, and Boardwalk Empire, a Larkhill winner for the Ed Magor stable in February.

Kingsclere-based **Richard Bandey** has seven horses for 2014 including Rossmore Lad, who was just denied at Cottenham on December 1st, Larkhill winner Alskamatic, who returns to the Wiltshire track on January 5th, and Barbury Castle third Mister Chancer.

Newcomers include the ex-David Pipe-trained maiden Smooth Classic, a four-time runner-up under Rules, and Maurisca, winner of three races for Charlie Longsdon and likely to be aimed at a Newbury hunter chase in January.

## FIXTURE LIST

Date	Meeting	Venue	County	Pony
Jan 5th	Larkhill RC	Larkhill	Wiltshire	
Jan 25th	Royal Artillery	Larkhill	Wiltshire	
Feb 2nd	South Dorset	Milborne St Andrew	Dorset	
Feb 8th	Combined Serv	Larkhill	Wiltshire	
Feb 23rd	C'ntryside Alliance	Badbury Rings	Dorset	
Mar 2nd	Quantock S/hds	Cotelstone	Somerset	
Mar 9th	Blackmore Vale	Charlton/Horethorn	Dor/Som	Yes
Mar 15th	New Forest	Larkhill	Wiltshire	Yes
Mar 22nd	Wilton	Milborne St Andrew	Dorset	
Mar 23rd	Mendip Farmers	Ston Easton	Somerset	Yes
Mar 29th	Avon Vale	Larkhill	Wiltshire	Yes
Mar 30th	Cotley	Cotley	Somerset	Yes
Apr 5th	Seavington	Littlewindsor	Dorset	
Apr 6th	Portman	Badbury Rings	Dorset	
Apr 12th	W.Somerset Vale	Cotelstone	Somerset	Yes
Apr 13th	Hursley Hamb'n	Larkhill	Wiltshire	
Apr 19th	S & W Wilts	Larkhill	Wiltshire	
Apr 21st	Taunton Vale	Kingston St Mary	Somerset	Yes
May 4th	Dev & Som S/H	Holnicote	Somerset	
May 5th	Cattistock	Littlewindsor	Dorset	Yes
May 10th	Minehead Harr	Holnicote	Somerset	
May 14th	Weston & Banwell	Cotelstone	Somerset	Yes



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## ALL round commitment sees the Tigers rewarded

AXMINSTER Town have won the inaugural ECFC U15/U16 Futsal Fives League.

The six week league, run by Exeter City FC, took place on Tuesday evenings at St James High School, Exeter writes Clive Harrison.

Teams competed in a round-robin basis with points awarded based on the evenings results.

The Tigers started well in the early weeks but, with the opposition improving their squads, the going got tougher as the competition progressed.

The league title came down to the final week with Axminster needing to finish no lower than third in the final evening's round-robin in order to take the trophy.

Teams from Central (Exeter), Sidmouth and Tiverton were also in contention.

The Tigers, not satisfied with a third place finish, comprehensively won all four of their league fixtures on the night.

This was not just a winning experience but also a learning one for the squad.

Futsal is a great platform for players to use as a means of developing fast feet, creative passing, unconventional movement, touch and dribbling.

The ball, due to its size and weight, makes it difficult to lift, restricts aerial passes and encourages constant circulation and recycling of the ball, fast possession play with creative passing and movement to support the ball or make space.

These facets are fundamental to any player's game, but fundamentals often neglected by more conventional methods.



■ CHAMPIONS: Axminster Town under 16s Futsal squad - Line-up, from left; Nathan Williams, Zak Meaker, Clive Harrison (Coach), Tom Bastin, Declan Ellis, Jake Prior, Jake Rostron. Not Pictured: Ian Meaker (Manager).

# Jimmy Green

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